








ATTENTION WOMEN VETERANS!! FALL 2015 CALENDAR

You are invited to the following activities for women at VA Central Iowa Health Care System in Des Moines

<p style="text-align: center;">Every 1st and 3rd Thursday of the month from 1:30-2:30-pm we will be offering a women's yoga class</p> <p>Sept. 3 (yoga will be held at the retreat at Camp Wesley Woods at 6:30am---not at the VA at 1:30pm this date), 17, Oct. 1, 15, Nov. 5, 19, Dec. 3, 17</p> <p>Time: 1:30-2:30pm Place: Bldg. 12/CLC, 3rd floor dining room</p> <p>Come work with a certified yoga instructor. Mats will be provided (or bring your own) or you can use a chair. This instructor is awesome and has worked with veterans, military and first responders. Come learn about your body, work on breathing and relax. No need to sign up—just show up!</p>	
<p>Fly Tying</p> <p>Contact Joni if interested in Fly Tying. Dates and times may vary in Sept and Oct.</p>	
<p>Sept 2-3, 2015 -Overnight retreat at Camp Wesley Woods in Indianola, IA. Information already sent out about this event. Pre-registration required. For more info, ask Suzanne.</p>	
<p>Thurs. Sept. 10 Time: 12:30-2:30pm Place: Bldg. 12, Room B109</p> <p>Fleece Blankets</p> <p>Come work on some fleece blankets to be given to orphaned children. It is easy and fun to do!</p>	
<p>Wed. Sept 23 Time: 8:30am-back by 3pm</p> <p>Place: meet at Bldg. 12/lobby at 8:30am if you want to ride in the van</p> <p>Day trip to Ames; tour beautiful Reiman Gardens, have lunch and look at the downtown/ISU area of town. Lunch will be on your own but the VA will cover cost of admission to Reiman Gardens. Please let Suzanne or Joni know by Sept 11 if you plan on attending.</p>	
<p>Thurs. Oct. 8 Time: 1:30-3pm Place: Bldg. 12, Room B109</p> <p>Nutrition Demo</p> <p>Come meet with one of the VA Dieticians as she talks about and prepares some healthy fall food ideas. Come prepared to sample and ask questions. It is always a good time!</p>	

<p>Thurs. Oct. 22 Time: 12:30-2:30pm Place: Bldg. 12, Room B109</p> <p>Make a scarf and/or National Veterans Creative Arts Competition</p> <p>Come learn how to make a t-shirt scarf. No experience needed.</p> <p>We could also use this time to start thinking of ideas for the 2016 National Veterans Creative Arts Competition. We can enter individual or group pieces in art, music, creative writing, drama or dance.</p>	
<p>Looking ahead—Nov. we hope to learn about Zentangle (a meditative doodling/drawing project) and try our hands at glass infusion at Kil'n Time (where we did pottery a few months ago). Dec. will be our annual Holiday Party with a catered meal, games and gifts. This winter we are looking into winter sports ideas, possibly including snow shoeing, ice skating, rock climbing, and/or scuba diving. Let us know what you are interested in trying! We will also need to start working on any entries for the National Veterans Creative Arts Competition—which will be held in Feb. of 2016. Get those creative juices flowing!</p>	

For questions, please contact Suzanne Anderson, Music Therapist at 699-5999 x4949
or e-mail Suzanne.anderson4@va.gov
or Joni Osmundson, Recreation Therapist at 699-5999 x4980
or e-mail joni.osmundson@va.gov

Please let Suzanne or Joni know if you plan on attending activities, especially trips, so we know how much money and space will be needed. Thank you!